

Name: _____

Date: _____

It is important that you use your medication for the following period of time _____

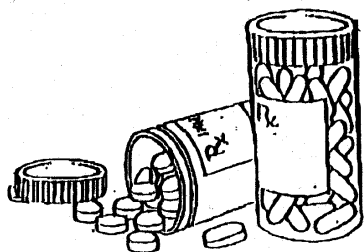
☐ INH

☐ Rifampin

☐ Rifamate

☐ Ethambutol

☐ PZA



In case any of the following conditions (symptoms) develop, stop using the medication and inform us immediately.

- Chronic loss of appetite
- Nausea
- Vomiting
- Dark urine (tea or coffee color)
- Yellowish eyes
- Yellowish skin
- Rash and itching
- High fever
- Blurred vision
- Loss of sensation or numbness in the toes
- Any unusual signs



1. What is Tuberculosis Disease?

Tuberculosis is a lung disease. The cause of this disease is a kind of microbe. Tuberculosis has two stages: The first stage is a dormant (latent) stage. It means that the tuberculosis microbe has entered the body. Most people who carry this microbe in their body, possibly (most likely) never develop the tuberculosis disease.

But some people enter the second stage which means they develop or contract the disease. This stage may not occur immediately after the first stage or the dormant stage, but may occur several years after the microbe has entered the body. The tuberculosis disease very often damages the lungs.

Signs of tuberculosis are coughing, fever, loss of body weight, sweating at night, and sometimes cough with bloody sputum. It is not necessary that all these signs appear in infected persons.

California Tuberculosis Controllers Association
with assistance of the California Department of
Health Services

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2. How do I know that I have contracted Tuberculosis?

Only your physician can diagnose this disease. A simple skin test is the only way to determine whether or not the tuberculosis microbe is present in your body. A positive skin test result indicates that the microbe is present in your body (latent or infectious stage).

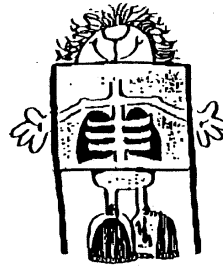
In case of a positive skin test result, you will need to have a chest x-ray to determine whether the microbe has damaged your lung (disease stage)

In order to find out if the microbe has entered your lung, it is possible that you may be asked for your sputum to be tested.

3. How does tuberculosis disease spread?

Tuberculosis microbe enters your body via breathing (inhaling). Infected patients through cough spread tuberculosis microbe in the air. If the patient with disease does not cover his mouth during coughing and sneezing, it causes microbe to be transmitted to family members, friends or people around (nearby) him. Tuberculosis is not transmitted through clothing, dishes, utensils, and bed coverings.

Please cover your
mouth when coughing

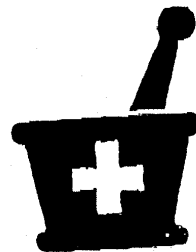


4. What is the role of the health department?

The health department is concerned with your and your family's health and well-being.

Treating the patient infected with tuberculosis and preventing the transmission of this disease to others are two important functions of the health department.

It is possible that the health department may advise all family members and people who had close contact with the patient to have



skin test.

5. How can I get well (how can I be treated)?

- Your important responsibility is to take your medication as prescribed and directed by your physician. Do not stop taking the medication until your physician instructs you to do so even if you start feeling better.
- Appointment - Keep your appointment with your doctor and nurse.
- Recovery from tuberculosis is very slow. It is possible that it may take several months. If you stop taking the medication before the prescribed or specified time period, the disease may recur. In such situation the medication may not be effective.
- In order to be sure that medication is working, keep in touch with your physician regularly.
- Take good care of your health.
- Keep your normal diet regimen.
- Exercise
- Take enough rest
- Keep your nerves calm
- Keep away from using (illicit) drugs, tobacco products, and alcoholic beverages.

Your next appointment at
this clinic is on _____

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